

## **Talk About It**

Written by Benjamin Reaves, Substance Abuse and Mental Health  
Thursday, 16 July 2009 10:07 - Last Updated Monday, 20 July 2009 14:22

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The good health of a mother-to-be is essential to ensure a healthy pregnancy and baby. Optimal health

In 2008, the Utah Legislature passed House Bill 38, which directs the Utah Department of Health and Ut

Your help is essential as we attempt to combat these dangerous health issues. Please review the "Talk

You will soon be receiving "Talk About It" brochures and posters. Please take some time to deliver them

Mothers who stop using alcohol, tobacco and other drugs of abuse at any time during pregnancy increas

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### **Suggested Places to Distribute 'Talk About It' Information**

Mall Information Desks

Churches

Grocery Stores/Supermarkets

Laundromats

Bookstores

Coffee shops

Bulletin boards                      Libraries

Recreation/Sports Centers

Fitness Centers

Yoga and Exercise Centers

Swimming Pools

Gyms and yoga and exercise classes

Swimming pools

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### **Locations Where Materials Have Already Been Distributed**

WIC and BYB Clinics

Doctor's offices

DUI classes

Medicaid/CHIP

Alternative schools

Division of Child and Family Services

Insurance companies

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### YWCA

Utah American College of Gynecologists

Utah Medical Association

Substance abuse treatment facilities

Utah Breastfeeding Coalition

Intermountain Pediatric Society

Local Health Department STD Clinics

State Board of Education Center for Multi-cultural Health

2-1-1

Police stations

Courts

Bars, restaurants and private clubs

Department of Corrections

Utah Family Physicians Association

Planned Parenthood

Health fairs

Healthy Utah

Community Nursing Services

Health screening events

Utah Breastfeeding Coalition

Lactation Station

## I pledge to "Talk About it With Others"

Choose agency with whom you work:

Choose Department

Human Services

Health

Other

## Did you know?

- More than 55,000 babies were born in Utah last year and more than 34% of those pregnancies were unplanned
- Binge drinking among Utah women ages 18-34 years is reported to be 7%
- For women under age 18, the rate for binge drinking is more than 7% and for Hispanic

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women the rate is even higher at 9%

- Surveys suggest alcohol use in the three months before pregnancy may be as high as 22%
- Tobacco use in the three months before pregnancy is estimated at 12%
- More than 6,500 Utah women entered substance abuse treatment centers in 2007 and 6% were pregnant
- 50% of Utah women reported that their doctor did not talk to them about how alcohol, tobacco and other drugs of abuse affect a fetus
- A study found that a focused alcohol discussion between doctor and patient reduced problem drinking by an average of 17%

## Brochure

{gallery}talk-about-it{/gallery}